

Fluoride Varnish: The Tooth Protector

Just what is Fluoride Varnish?

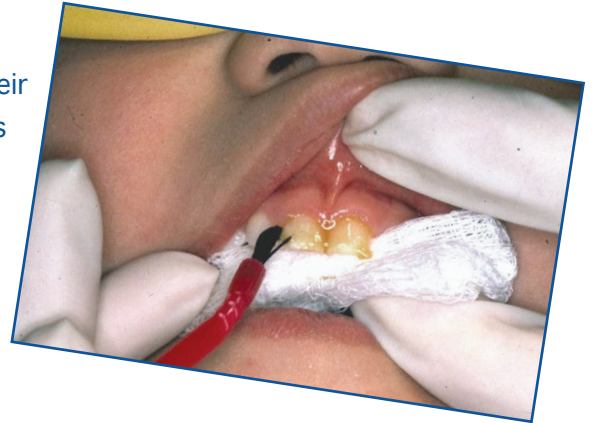
Fluoride varnish is painted on a child's teeth to prevent new cavities. Your dentist or doctor might even paint it on teeth that have very early cavities because the fluoride can stop cavities from getting bigger.

How long does it last?

The fluoride works best if it is painted on the teeth 2 to 4 times each year. Your dentist or doctor can tell you how often the varnish should be applied.

How is fluoride varnish painted on your child's teeth?

The varnish will be painted on your child's teeth with a little brush. Children sometimes cry because they do not like strangers putting their fingers in their mouths. There will be some yellow color on your child's teeth the first day that will go away when teeth are brushed.



Is it safe?

Yes!

Does it hurt?

No!

What else do I need to know?

- Fluoride varnish has been used many years on children's teeth.
- Your child should eat only soft foods for the rest of the day.
- Do not brush your child's teeth tonight. Start brushing them tomorrow.
- Your child's teeth will not look bright and shiny right after the varnish is applied, but by they will look nice after brushing.

Remember,
Baby Teeth are Important!



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